

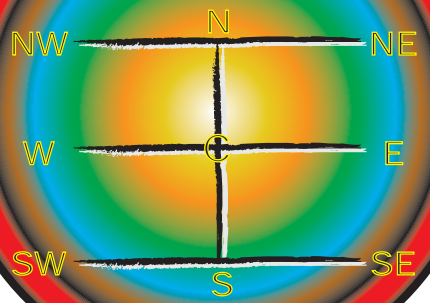
# Blue Belt Form (Tae Guk Sa Jang)

This form is to be learned by all blue belt students.

Taeguk 4 Jang symbolizes the "Jin", one of the 8 divination signs, which represent the thunder meaning great power and dignity. New techniques are sonnal-momtong-makki, pyon-son-kkeut-jireugi, jebipoom-mok-chigi, yop-chagi, momtong-bakkat-makki, deung-jumeok-olgul-apchigi and mikkeurombal (slipping foot) techniques. Various movements in preparation for the kyorugi (sparring) and lot of dwi-kubi cases characterize it. The 5th Kup-grade trainees practice this poomsae.

Total Movements: 18 Moves

Diagram of color belt forms



Jun  
Bee



Ready Stance

1



1. Moving left leg to the left, turn 90° NE into right back stance, left double knife hand outside block.

2



2. Moving right leg forward into right front stance, right fingertip body stab.

3



3. Moving right leg to the right, turn 180° NW into left back stance, right double knife hand outside block.

4



4. Moving left leg forward into left front stance, left fingertip body stab.

5



5. Moving left leg to the left, turn 90° S into left front stance, jae bee poom mok chee gee (left knife hand high block, right knife hand neck strike).

6



6. Right leg front kick, landing forward into right front stance, left hand body punch.

6.1



# Blue Belt Form (Tae Guk Sa Jang)

7



7. Left leg side kick, landing forward into left fighting stance.

8



8. Right leg side kick, landing forward into left back stance, right double knife hand outside block.

8.1



9



9. Moving left leg to the left, turn 270° SW into right back stance, left outside block.

10



10. Right leg front kick, landing back into right back stance, right hand inside block.

10.1



11



11. Pivoting both feet to the right, turn 180° SE into left back stance, right hand outside block.

12



12. Left leg front kick, landing back into left back stance, left hand inside block.

12.1



# Blue Belt Form (Tae Guk Sa Jang)

13



Rear View



14



Rear View



14.1



Rear View



13. Moving left leg to the left, turn 90 degrees N into left front stance, jae bee poom mok chee gee (left knife hand high block, right knife hand neck strike).

14. Right leg front kick, landing forward into right front stance, right back fist strike to face.

15



15.1



16



16.1



15. Moving left leg to the left, turn 90 degrees W into left walking stance, left hand inside block. Staying in the same stance, right hand body punch.

16. Pivoting both feet to the right, turn 180 degrees E into right walking stance, right hand inside block. Staying in the same stance, left hand body punch.

17



17.1



17.2



17. Moving left leg to the left, turn 90 degrees N into left front stance, left hand inside block followed by right hand body punch, then left hand body punch.

# Blue Belt Form (Tae Guk Sa Jang)

18



18.1



18.2



18. Moving right leg forward into right front stance, right hand inside block, followed by left hand body punch then right hand body punch (KIHAP).

BaRo



Moving left leg to the left, turn 180 degrees S into ready stance.